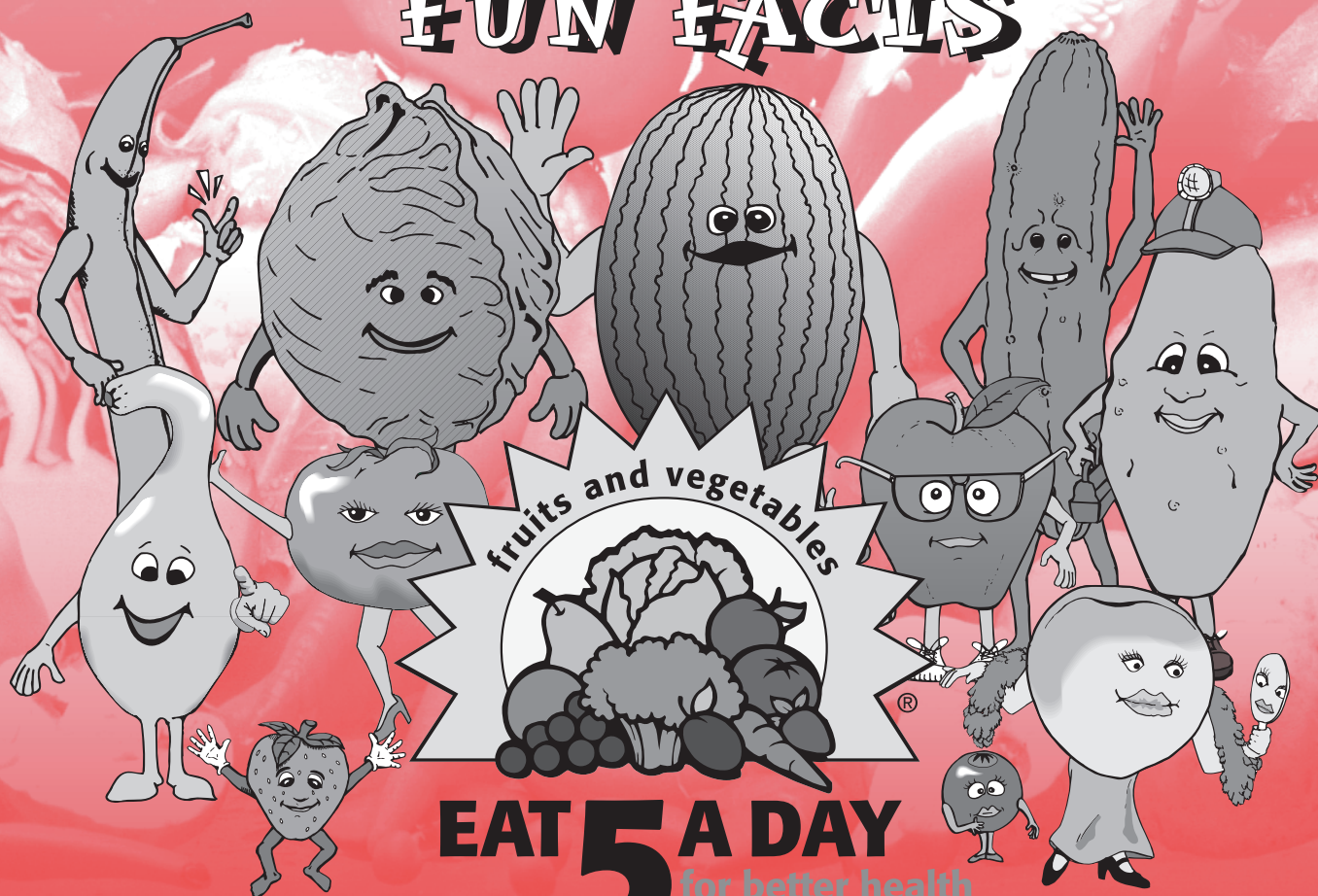


SC FRUIT AND VEGETABLE FUN FACTS



Remember... Eat 5 A Day, Every Day!

What's 5 A Day?

Lots of  care about you and how you feel.

To keep your  healthy, you can eat at least 5 servings of  and  every day.

Look for  in the grocery store and at



markets.



tells you the food is a healthy

choice. This coloring  will show you the most

popular  and  that grow in South Carolina.

Taste the ones you've never tried before, and keep eating those you like!

When you're trying for your five, remember what counts for a serving:

- a medium piece of fruit, like an apple
- 1/2 cup of berries or cut up fruit
- 1/4 cup of dried fruit
- 6 ounces of fruit or vegetable juice
- 1 cup of green, leafy vegetables
- 1/2 cup of vegetables, beans, or peas



Count Your way to 5 A Day!

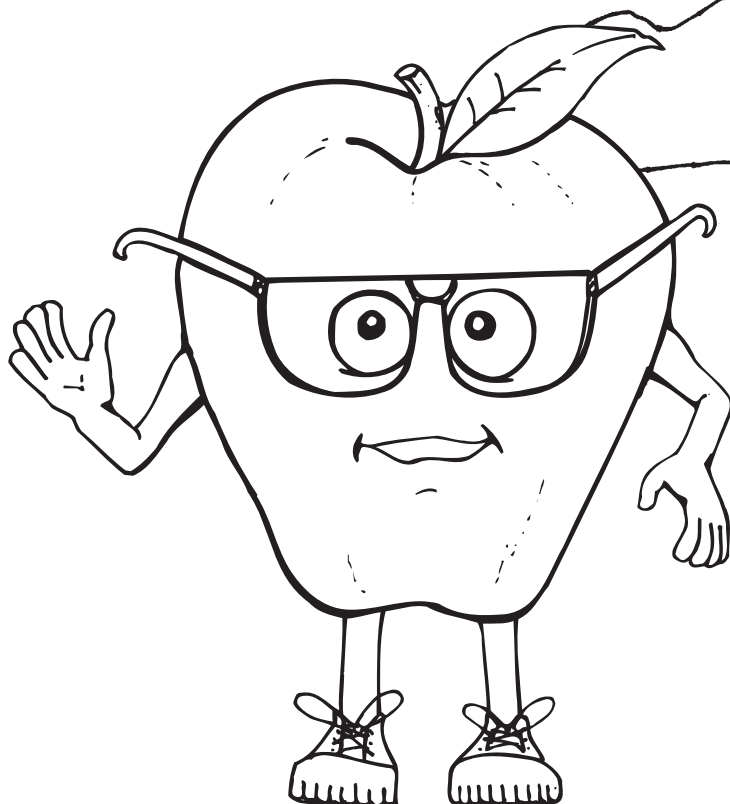
Write in the fruit or vegetable each time you eat one serving. By the end of the week you'll be a 5 A Day pro!

		DAYS						
		Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
SERVINGS	1							
	2							
	3							
	4							
	5							

Count up servings every day, and you'll be on your way to 5 A Day!

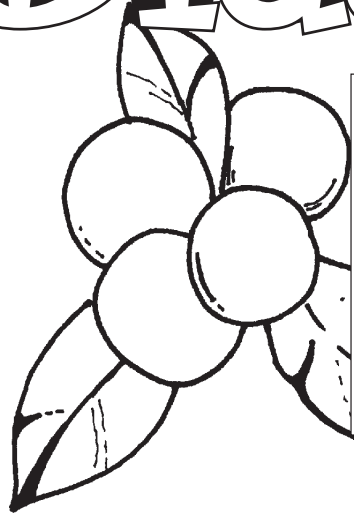
Apples

South Carolina apple trees grow mostly in the mountains. “We apples are grown in orchards.” An orchard is a field full of fruit trees.



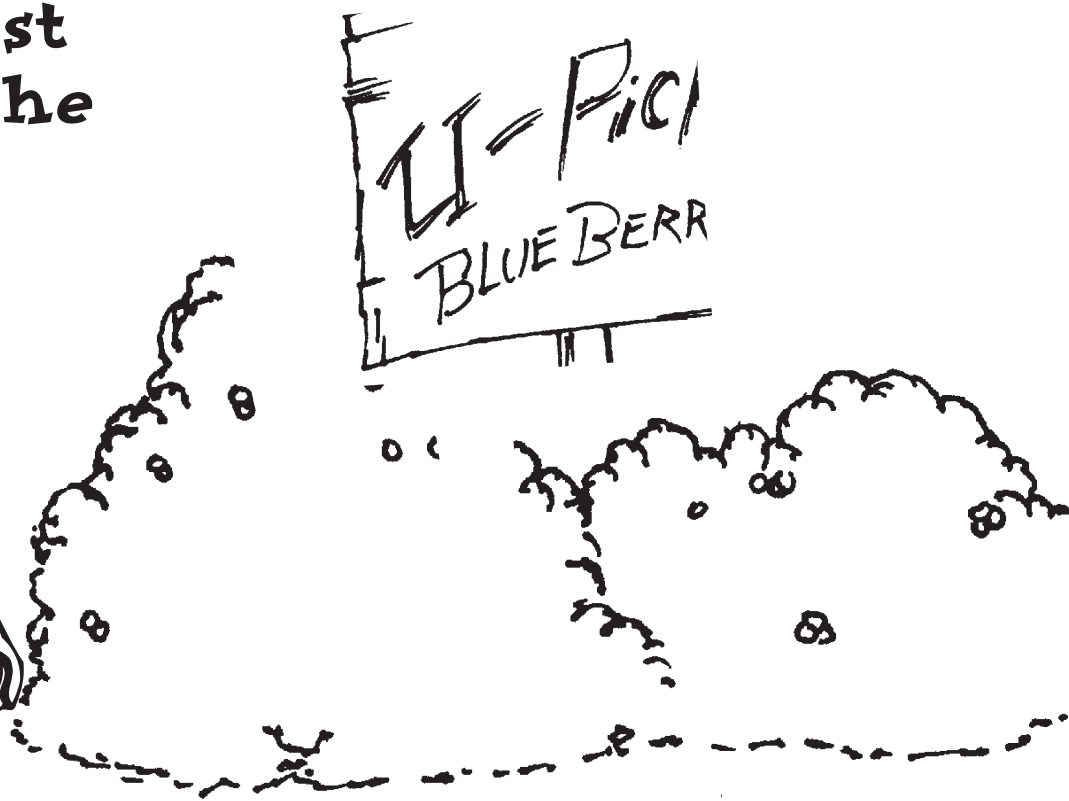
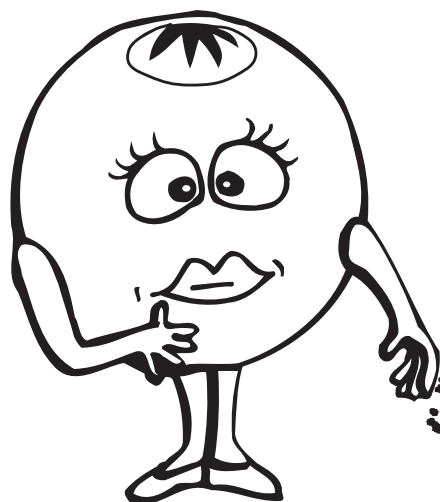
**Try an
apple for an
afternoon
snack!**

Blueberries

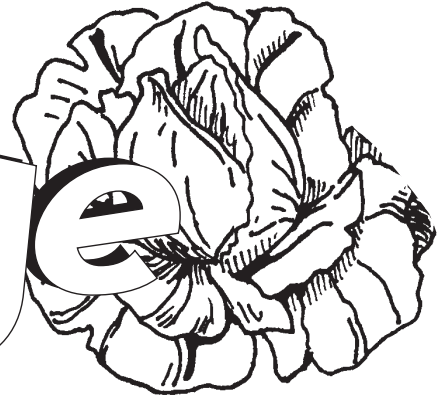


**Most South Carolina
blueberries are grown on
“U-Pick” farms - that means
you pick the berries yourself.
Blueberries grow on bushes.**

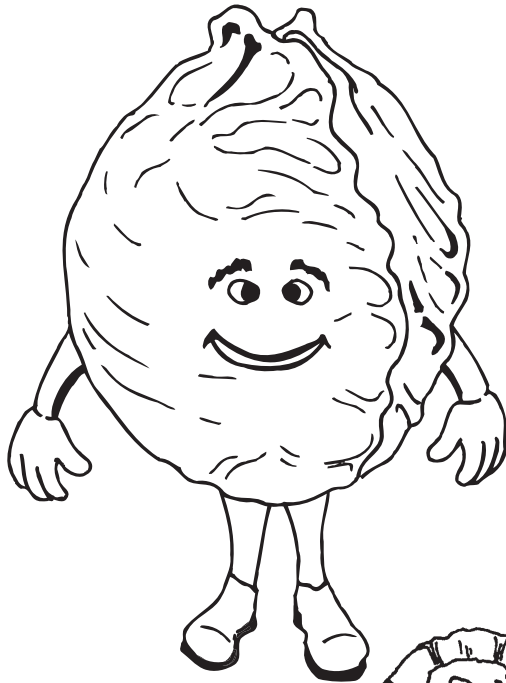
**Pick me.
I taste best
right off the
bush!**



Cabbage



**What's a picnic
without coleslaw?**

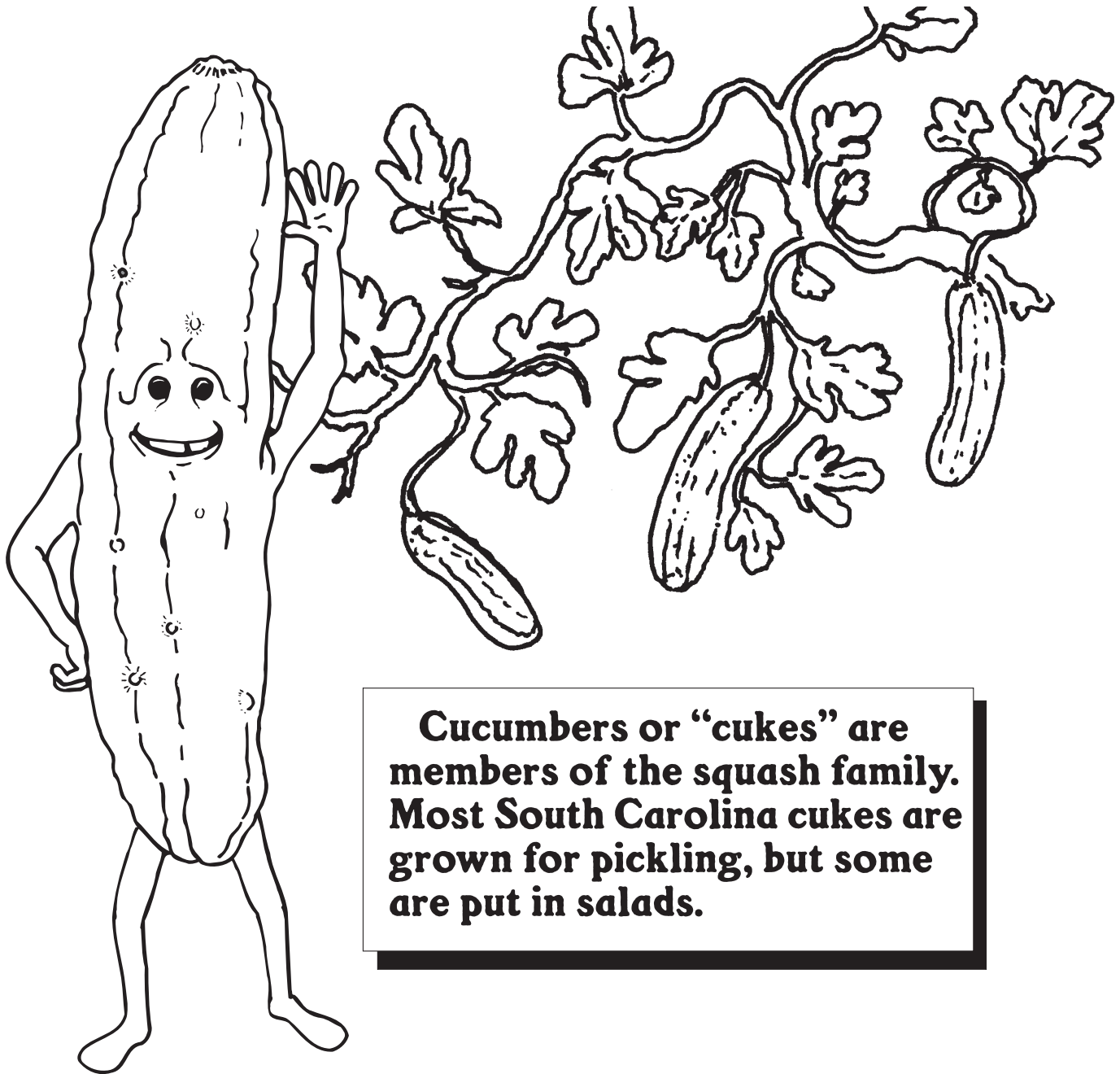
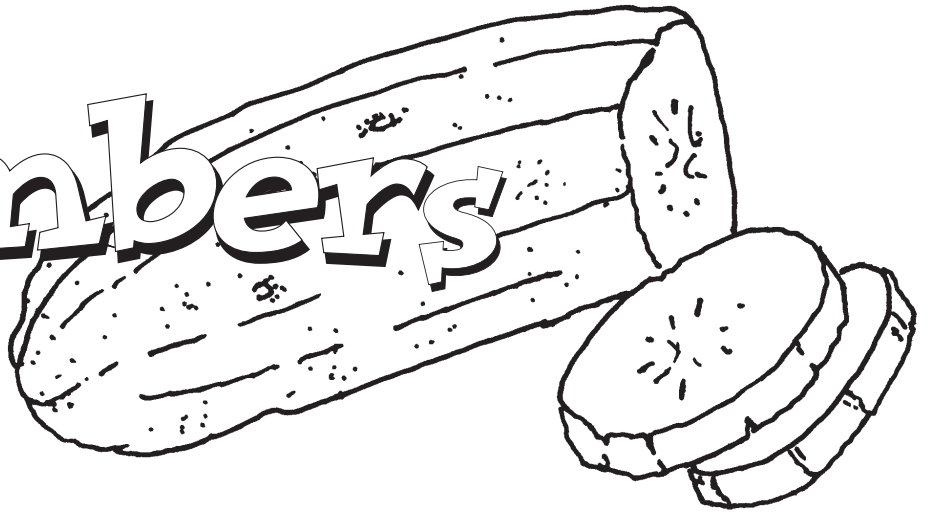


**“ I may look like
lettuce, but I'm
packed with good
stuff.” Cabbage is
great cooked or
raw.**



Cucumbers

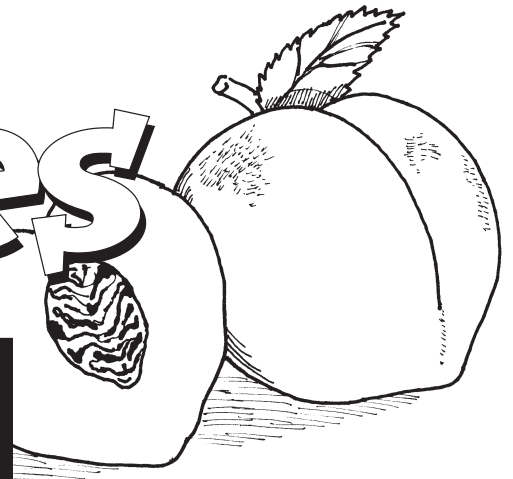
**Cukes
are cool!**



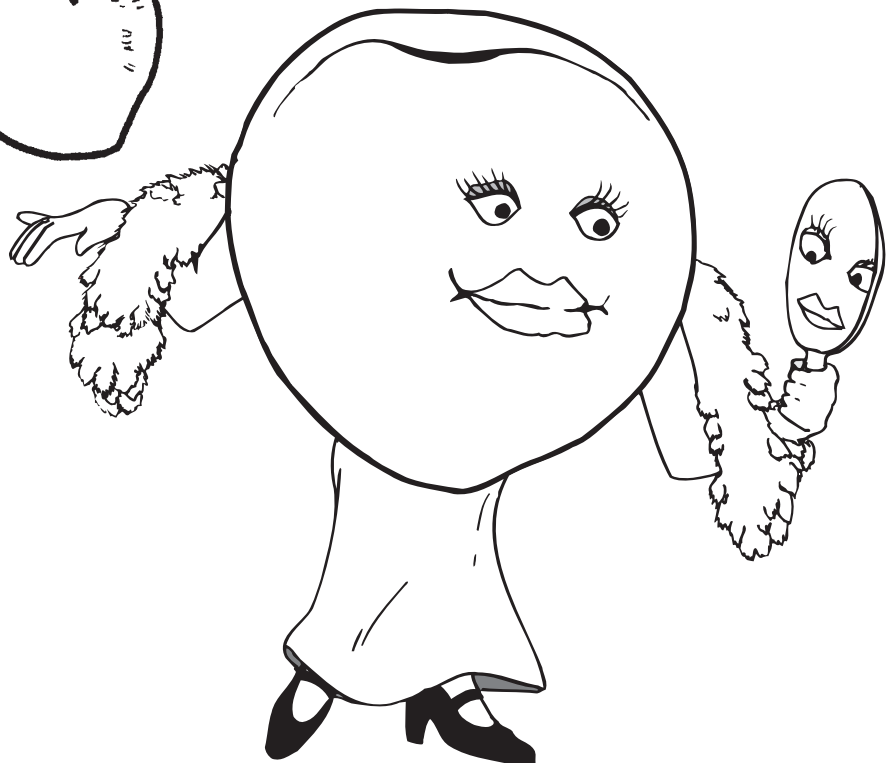
Cucumbers or “cukes” are members of the squash family. Most South Carolina cukes are grown for pickling, but some are put in salads.

Peaches

**A peach has soft fuzzy skin.
You can peel it off or wash it
and eat the whole peach.**



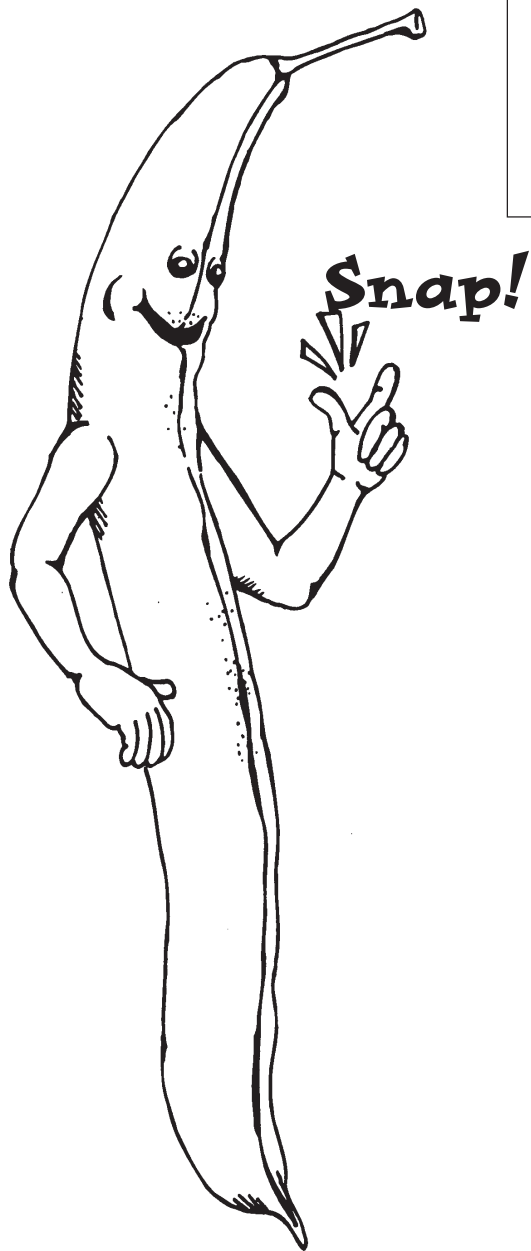
**Try me sliced
on cereal!**



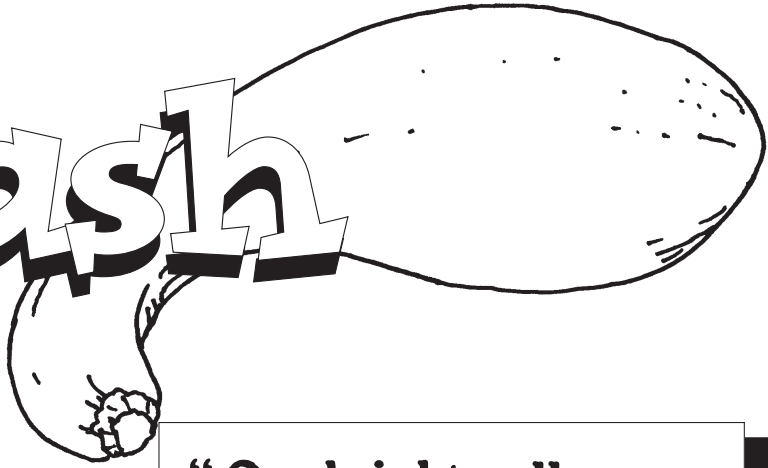
Snapbeans

**Try
snapbeans
they're a...**

**“ We South Carolina
snapbeans get our name
from the sound we make
when you break the
skinny pod of the bean.”**

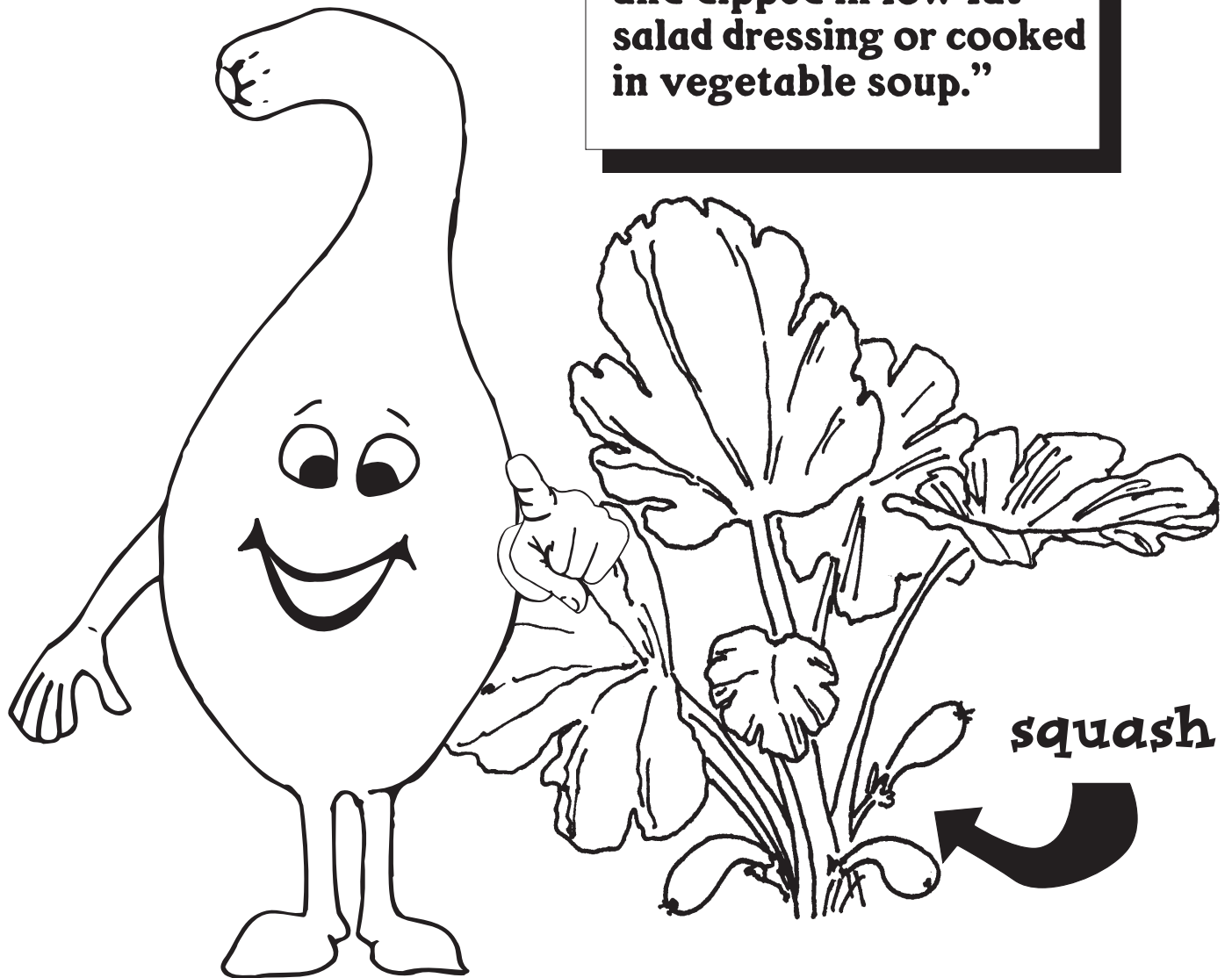


Squash



**Try yellow
squash as a
finger food!**

**“ Our bright yellow
color tells you we're an
extra special vegetable.
Try us cut up into sticks
and dipped in low fat
salad dressing or cooked
in vegetable soup.”**



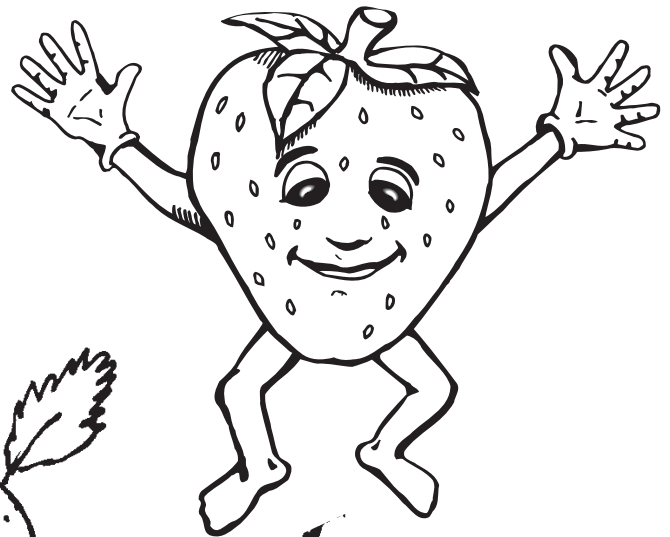
squash

Strawberries

Strawberries are easy to grow and have leaves that stay green all year.

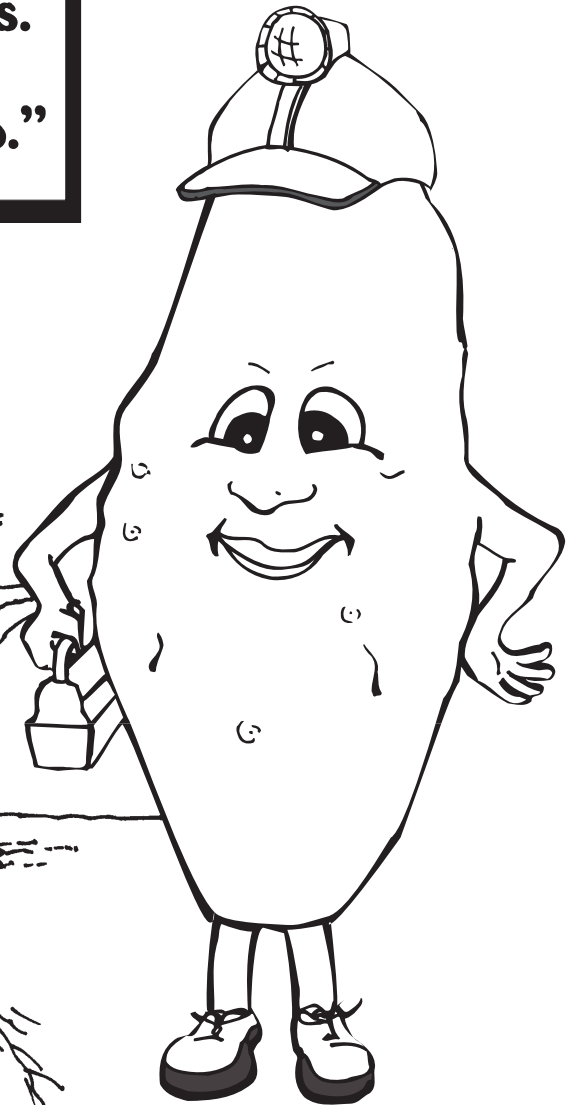
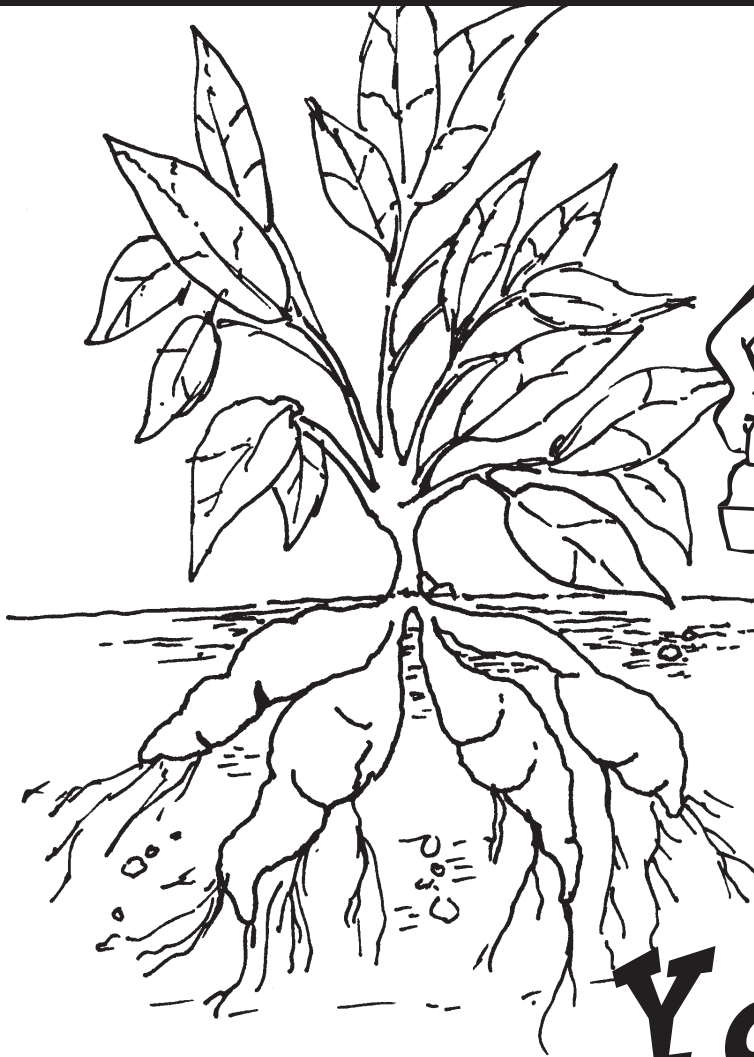
“We're so yummy that the birds might eat us before you can.”

**Try
fresh strawberries
for dessert!**



Sweet Potatoes

“ We South Carolina sweet potatoes are also called yams. We grow underground like carrots and have to be dug up.”

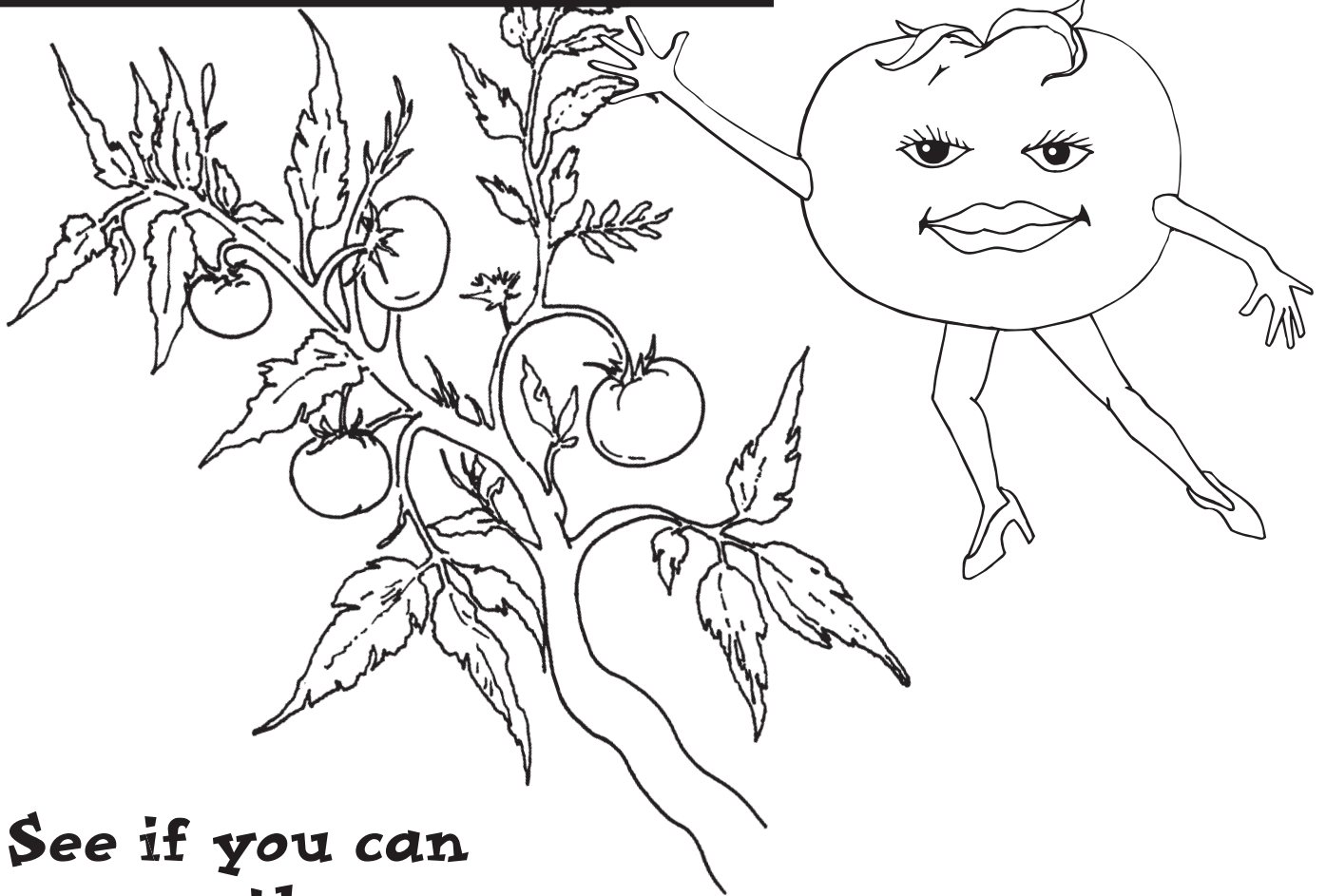


Yam-Up!

Tomatoes

Tomatoes are so easy to grow almost anyone can do it. "We can be prepared in a lot of different ways. We are used in spaghetti sauce, salads or eaten straight off the vine."

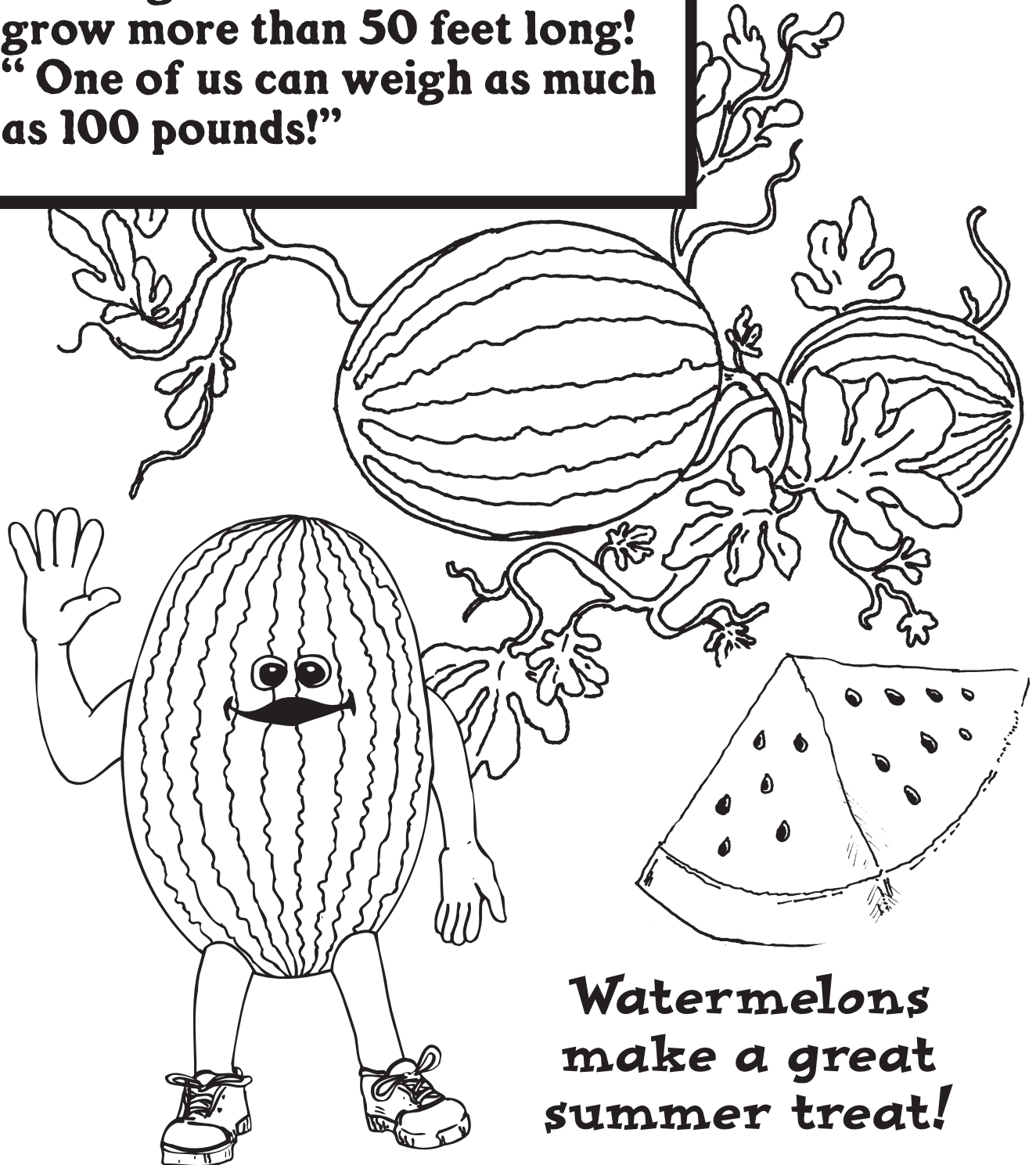
Try a tomato sandwich for lunch!



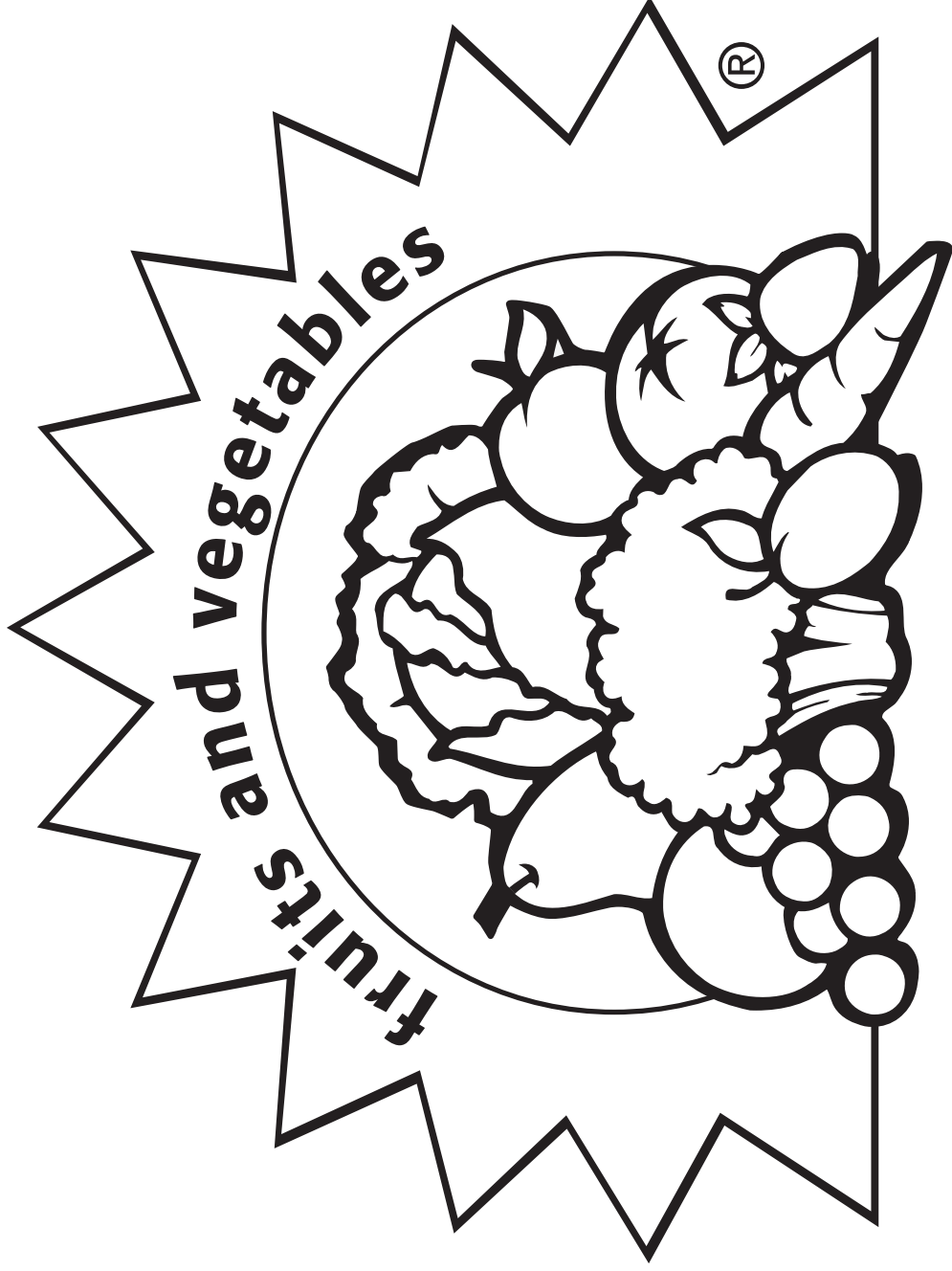
See if you can grow them this summer!

Watermelons

**A single watermelon vine can grow more than 50 feet long!
“One of us can weigh as much as 100 pounds!”**



**Watermelons
make a great
summer treat!**



EAT 5 A DAY
for better health

Color the 5 A Day Logo!



This coloring Book is part of the 5 A Day Educational Series created for you by the South Carolina Nutrition Council.

**EAT
YOUR
5 A DAY!**

